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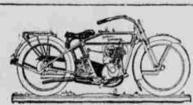
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CUTS OF MEAT.

It Is Necessary to Know Muscle Structure.

DIFFERENT PARTS NAMED.

Some Expert Help For Young Housewives Who Have Not Yet Learned How to Cook Cheap Meats in the Most Nourishing, Tempting Way.

It would seem that the last word had seen said on cheaper cuts of meat. But the increase in the high cost of living makes the meat problem still as tough no puni as ever.

What are the much maligned and equally much praised cuts called "cheaper?" To know this we must know the architecture of the animal in question. First, the most tender pleces are the less exposed parts of the animal. Whatever portions are subjected to muscular exercise (thus the loin) are tougher because the muscles have been used more. This does not mean that there is not as much nourishment in tough muscles as in tender ones. The cheaper cuts have tougher fibers, and the whole problem is to prepare and soften the fibers and thus put them on par with more tender parts. The muscles of the abdomen are also ten-

der, but give a very coarse meat. The structure of the muscle fiber must be studied in order to apply the best methods of cooking. Each fiber is like a thin section of orange, being surrounded with a firm tissue and containing juice within. If we cut the fiber across the juice will escape. If we heat the fiber in a high temperature we will harden it still more and prevent the escape of juices. If we cut it and soak it in water the juices again will escape. But if we pour scalding water or liquid on the fiber it will have much the same effect as heating it rapidly to a high point.

Now, the ideal in handilug all cheaper cuts is first to harden the fiber either by pouring on boiling water or by heating it to a high degree in order to avoid the escape of the Ittices, and secend, to cook it slowly so that the Cher will eventually be very soft, the jules dissolved and the flavor as much as possible retained. None of these meats should be covered at first with cold liquid or cooked slowly before the out dde fiber is scared.

What are some of these cuts by name? Perhaps this partial list will give suggestions which your butcher an help you carry out:

Cheaper cuts of beef: Rump.-Roasts, braising, a la mode

Chuck Ribs (1 and 2).-Roust, steak.

Chuck Ribs (last 3) .- Stewing, banks "Plate."-Soup, stew, rolled pieces.

Brisket.-Corned and pot roast. "Skirt" Break.—Rolled, stew. Plank Steak, - Rolled, stew, a to mode, soup.

Cress Libs -- Pot roast. Short Ribs. -Soup, stew, sliced cold. Cheaper cuts of mutton:

Breast,-Stew, braising, soup. Neck. - Soup, stew, meat for crejuetto etc.

Breast.-Soup, stew, made disher

cent lonf. yow oven, which is also used to working other foods, can be used, or bove all, the "fireless cocker," which mins without heat. Here, too, the reproof or earthonware dishes can be od to best advantage, for then the al may be cooked and served in the

SPRING NECKWEAR.

Fichus and Frills Are Coming to the Fore Now.

With a plain satin shirt walst are worn this roll collar and vestee of white georgette crape, down the front



A NEW COMBINATION.

of which drapes crisp white net dainfily inserted and edged with fine va!. The effect is fresh and springy.

Chicken With Peanuts. Cut a young chicken into small pieces, roll in flour and fry brown in lard or butter. When the chicken is done pour put through a ment grinder.

GREEN MOUNTAIN VALLEY

Robert Mattison is driving a fine oung colt. Mr. Turner and Mr. Sturges were

present at the picnic. Mr. and Mrs. Oscar Cross were in Bennington Saturday.

Schuyler Harrington was in Benning on Monday on business. George D. Mattison and son Gaylord

vere in Bennington Saturday. Merton Olin and wife were in Bennington Saturday on business. Mrs. Collins Nash and nephew, Will Harrington were in Bennington Satur-

Rev. George Sturgis will hold a ser vice next Sunday at 3 p. m. at Mrs. Crantson's.

Deaconess Mary Tilloston will spend her annual vacation in New Hampshire with her mother.

Mrs. Sarah Kendall has returned to her home at Oakland Farm after visitng in Arlington.

Rev. George J. Sturges was auto driving in Green Mountain Valley Sunlay, calling on friends. Warren Lyman and son Clyde Ly man of Wilmington visited relatives

in Arlington and Green Mountain Val-Lemnel Oakes drew 25 hundred feet of lumber at one load from the Shakshober plant, Fayville, on Monday to the Eagle Square Mfg. plant.

A large gathering of relatives and friends enjoyed dancing and a social evening at the road commissioner's home, Mr. and Mrs. B. R. Hulett, last Friday evening.

On the third Sunday in July the 16th one of the clergy of St. Peter's will hold a service at the Maple hill school house at 3 p. m. All be present a sur-

Deaconess Mary had her Sunday school pienic at Mrs. Collin's Nash's grove Tuesday, June 27. The day was an ideal one, a large gathering of grownups and scolars. Lauretta Saunders, aged 82 was at the picnic and enjoyed it.

Deaconess Mary has labored so unfailing in her efforts for the happiness of her charges the people love her and the children feel sad to have her leave on a vacation. She needs a rest and we will all be glad to welcome her back. Deaconess Mary will be absent on her vacation six weeks. There will be no Sunday schools at the Harrington or Maple hill school houses. The Deaconess will be present on August 13 and we hope all will be present to greet her.

Model Man.

"I once knew on eccentric man," stated old Festus Pester, "who when se had got the desired number on the telephone did not demand fercely Whize glass? Justead be invariable cald civilly, This is John J. Poonerclek wishing to speak to Mr. Parch over.' His funeral was the larges, es held in the neighborhood where he had resided, and therent strong men brodown and wept like children, to convinced that they would never again, see his like." Judge.

Used to It. nore lets next to the one my hore a te-

"Seems to me you've got a protty big plot as it is."

"I know, but the mortgage is nearly puld off and I've got to have some-

hing to worry about "-- Exchange. One Better.

She-Gh, dear, do you know Jasmine got the cutest little table for her birthday? All you have to do is press a lever and It changes into a desk. He-That's nothing, All I had to do was to press the steering wheel on my auto and it turned into a telephone post.—Cornell Widow.

The Closed Circle.

Young Gir!-Yes! I feel un intense onging to do somothing for others. Priend-Just whom do you mean by

"Well, I suppose I mean almost anybody ontside of my immediate fumlly."-Life.

Knew What Was Coming.

"Pa, what is a chronic kicker? "If you answer that boy's question do it without making any reference to me." put in mother. - Detroit Free Press

Adjusting Auto Brakes. The unequal adjustment of brakes

probably does more damage to tires than actual wear. When one wheel locks and the other turns free there is a great amount of strain on the fabric of the tires on the locked wheel. By placing jacks under each rear wheel one can adjust the brakes of each wheel so as to be uniform.

Ball Bearing Repairs

When ball bearings become worn it

Is not always necessary to have complete new bearings installed. The old ones can be repaired and be almost as good as new. This can be done by truing up the ball races and using larger balls of proper size.

Many Women Need Help Women are as much inclined to kidney trouble as are men, but too often make the mistake of thinking that a certain amount of pain and torture is their lot and cannot be avoided. You cannot feel young and energetic nor can you have good health when your kidneys are not in sound condition and eliminating the poisons from your system that cause backache, pains in sides over it a cupful of sweet cream and sore, swellen, stiff and aching joints sprinkle liberally with rousted peanuts and muscles. Foley Kidney Pills will help you. They give quick relief from kidney trouble and bladder ailments. Sold Everywhere.

ADDS TO HOME PRIDE.

Aside from the benefits to + health to be derived from a + • cleanup campaign, the increas- • ◆ ed pride taken in the home and ◆ + the added self respect that + 1 · come from the living in a clean, · ♣ neat, attractive place are worth ◆ • all the trouble of such a cam-F paign. Nobody takes any pride 4 > in living in a house with dirty. ♦ unattractive yard or grounds. ♦ ♦ Dirt, deterioration and disease ♦ ◆ go hand in band, and all are ◆ * enemies of public spirit and *

· proper pride. The neat, clean home is the attractive home, It is a better ◆ ◆ place in which to live because it ◆ is clean. It is a healthier place • ♦ because of the freedom from ♦ 4 rubbish and trash. Such a home 4 shows that its owner takes a 4 pride in keeping it up, and if it * ♦ is placed on the market it will ◆ ◆ bring a higher price just because ◆ imble. ♣ it is clean and neat than the ♣ ♦ place down the street, the yard ◆ ♦ of which is full of old bones. ♦ heaps of ashes, empty cans and \$ waste paper and in general disor-· derliness.

PUBLIC UTILITY POLICY.

Conclusions Adopted by the National Municipal League.

At a recent meeting of the committee on municipal program of the National Municipal league the following conclusions were adopted and ordered to be included in appropriate sections for insertion in the league's model city charter:

The public utility and franchise poliey embodied in a model city charter should be so formulated as to conserve and further the following purposes:

First.—To secure to the people of the city the best public utility service that is practicable. Second.-To secure and preserve to the city as a municipal corporation the

fullest possible control of the streets and of their special uses. Third.-To remove as far as practicable the obstacles in the way of the extension of the practice of municipal ownership and operation of public utilities and to render practicable the success of such ownership and operation

when undertaken. Fourth.-To secure for the people of the city public utility rates as low as practicable consistent with the realization of the three purposes above set forth.

It should be no part of such policy to secure compensation for tranchises of special revenues for general city pursumers of public utility services,

In formulating a policy to carry out the four purposes above stated as desirable the following principles should be recognized;

community should be treated as far as | small, and for most of the work he had "I am thinking of buying a comple | commandy should be used as a monopoly with the to depend on hirst help. He concluded obligations of a monopoly, and its op that under the circumstances he was eration within the city should be based as far as practicable upon a single | acres. Finally he sold one quarter seccomprehensive ordinance or franchise | tien and paid his debts. Seven years existing plant and service.

Second.-Every franchise should be revocable by the city upon just compensation being paid to its owners when the city is prepared to undertake public ownership.

Third.-The control of the location and character of public utility fixtures, the character and amount of service rendered and the rates charged therefor should be reserved to the city, subject to reasonable review by the courts or a state utilities commission where

one exists. Fourth.-The granting and enforcement of franchises and the regulation of utilities operating thereunder should be subject to adequate public scrutiny and discussion and should receive full consideration by an expert bureau of the city government established and maintained for that purpose or, in case the maintenance of such a bureau is impracticable, by an officer or com-

mittee designated for the purpose. Fifth.-Private investments in public utilities should be treated as investject to public control and should be should be reduced to the minimum return necessary in the case of safe investments with a fixed and substantially assured fair earning power.

Tin Can Hatcheries.

Empty tin cans, bottles and lars thrown into heaps in back yards or on vacant lots eatch rainwater. Mosquitoes lay their eggs in stagnant water. and the water in an old tin can is just | which goes to show that if one plans as good an incubator for mosquitees as | to sell a farta it pays handsomely to as is that of a pend or a puddle. Mos- clean up before bringing a prospective quitoes carry the germs of malaria. Not all mosquitoes are malaria mosquitoes, of course, but any mosquito may be. If the empty can or discarded far incubators are eliminated the mosquitoes will have fewer breeding places; consequently there will be fewer mosouttoes. Neighborhoods where there are no ponds, puddles or stagnant streams and no piles of cans partly filled with rainwater will have no mosquitoes, because the insects fiv only a limited distance from their breeding places. Therefore If residents of such localities develop majaria they will have had to go somewhere else to contract It.

Scientific Farming

THE "LAND POOR" FARMER.

Farms Are Often Either Too Small or Too Large For Success.

From "Unprofitable Acrea," by J. C. McDowell, United States department of agriculture 1916 year book.)

The size of the business often has much to do toward malding the farm profitable. Department of agricultura form management records show that farms are often either too small or to large for the most successful farming There may be too few as well as too many acres. A man may not have enough hand or be may be "land poor," thereby rendering all his acres unprof-A Wisconsin farmer with a large

was woodland and expensive to clear. been quite able to meet his interest. cat. To him the whole farm consisted of that the farm was too small for the most efficient use of the labor availbought an adjoining eighty acres of it awful!

family was deeply in debt. His farm



DIFFICULT LAND TO CLEAR AND MAKE PROFITABLE.

cleared land, going in dost the full amount. From that time on the farm was prosperous, and in ten years the entire farm was paid for and enough additional money saved to build a good. Heaven has blessed him with three house and barn. The smaller farm and been unprolitable because the overhead expenses were too high for 80 named bim George Washington. In small n business. In this case acres were made profitable by increasing their number.

A North Dakota farmer owned three quarter sections of land. His farm was quite heavily mortgaged, and for a number of years he had not been able First,-Each utility serving an urban | to pay laterest in full. His family was working or trying to work too many grant uniform in its application to all | later he had \$5,000 in the bank. In | parts of the city and to all extensions | this case all the acres had previously of plant and service, as well as to the been unprofitable because there were too many of them.

CLEANING UP THE FARM.

Profitable Business Is Done Renovating

Rundown Homes. Cleaning up the form has been commercialized, pur on a dollar and centa basis, says the Farm and Fireside. In northern indiana there is a firm of real estate dealers that buys up randown farms, puts a force of men on them to paint the buildings, whitewash the stubles, repair the fences and generally renovate the old places until they are ready for new buyers. These buyers are usually brought in from a distance and in many instances pay an advance of from \$10 to as high as \$40 to the

In Kankakee county, Ill., is a farmer real estate man who makes a handsome profit in putting a clean face on farms. His methods are more than ough and his results more lasting than those of the real estate firm mentioned above. He does not stop with the ments in aid of public credit and sub- buildings, however, but goes much deeper in his cleaning operations. He safeguarded in every possible way, takes the farms purchased under his and the rate of return allowed thereon | own personal supervision, uses lime if necessary, drains the farms thorough ly, starts a timee year rotation of corn wheat and clover, applying commer cial fertilizer in liberal amounts or both corn and wheat, and, in whore, puts the farms on a paying basis. Each year be makes a profit sufficient more than to pay the interest on his invest ment as well as an excellent profit whenever he makes a sale. All of huyer on the premises.

> Diseases of Plants and Trees. Diseases of plants do much injury from a lack of application of reliable curative methods. The most hapor tant of remedial and preventive measures combined is cleanliness. Spraying alone may be overdone, whereas when used in combination with other meas-

ares the success may be greater and the cost less. It is estimated that in the United States the annual loss from out spart is more than \$6,500,000, from loose smut of wheat \$3,000,000 and from bunt or stinking smut of wheat more than \$11,000,000.

GOT ALL THE NEWS.

It Was a Bit Surprising Until the Source Was Known. "I had no idee there was such a lot a going on," chirped fat little Mrs.

> a puffy rapid fire on Mrs. Tipps, also of the same neighborhood, "What's it all 'bout, Mallasyy" gurgled Mrs. Tipps, her eyes commencing o bulge with excitement. "It's gittle late, an' I'd norter be home this min-

me fixin' supper for my old man; but

Bung of Bung's Corners as she opened

an' sakes, if there's any news'-"Wett, t' begin with, there a stray ride fleight down to Bluepart, that Saray Huggins and Jen Shuckles ! a gittin' up, an' a bly pile of young folks is a-goln'. Marthy Spiles has een took with another sick spell, and Sol Coker is a goin' to haul cordwood omorrow from Tivion-he's got two onds sold to Buzz Lunny, Mis' Law ser is a-goin' to have a card party nixt

Tuesday night, and 'pears like most everybody in town was axed but me. "The Sposhkin boys killed two skunks on Sprague's lane last night and has got traps set for a fox they consisted of 120 acres, half of which | see, but couldn't nit a shot at. Pari was under the plow. 'The remainder | Ginnis is a roth' to build an addition to his henhouse, and Sophie Meyow has For twelve years the farmer had not | had her pet canary ett up by the tom-

"Mis" Bookins baked seven buyes o unprofitable acres. He finally decided bread this mornin' that riz jist grand and Dolph Ginnis is sorter courtin' Li Toppers, and she with her las' husbane able. Having an opportunity, he hardly mor'n cold in the ground. Ala'

"Simp Sketers found to cents in the guiter hear the postoffice, un' Bus Nutt chaims it's hissen and that he los it there nigh onto three years are Nink Garboo skinned his hand in ti door-tryin' to dodge his wife mo-Birely! Malissey Loomis made tw gingham aprons a few days back, Laid Bobbins extend four rais in one tralas' night, and Skid Liddy, he"-"For the land sakes, Mis' Bung!

Where'd you git all this news?" "Why, Bessie Tubbs, what's got th Central job at our new tellyphone ex change, just tole me. They started up th' exchange this mornin', you know! William Sanford in Judge.

Conscience.

Why should we ever go abroad, ever neross the way, to ask reneighb ndvice? There is a nearer neighbor within us, Incessently nelling us how we should behave. But we wait for the neighbor without to tell us of some false, canter way. Thoreas.

The Three Washinstons. In an Ohlo town is a colored man whose last name is Washington.

When the first son arrived the father rally be was christened Books Washington. When the third man child was born his parent was at a loss at first for a name for him. Final ly, though, he bit on a suitable sele-

The third son, if he lives, will go through life as Spokane Washington. Saturday Evening Post.

Entirely Too Much Change. On one of his royal tours King Victor Emmanuel spent the night in a small country town, where the people show ed themselves unusually cager in car hig for his comfort. So when he had gone to bed he was surprised to be wakened by a servant who wanted to put clean sheets on his bed. However, he walted good naturedly while it was done and wished the servant

good night. He had dozed off to steep



THE BING WAS PERVED.

when he was remed for the speem time by a rap on the door, and the servant removated, asking to change he aboets a gain.

Naturally the king was pecced. He ent up in tail and maked why the dininge was made so often. The servant provered reverently. Tor oneseif one changes the sheets every week, for an honored friend every day, but for a king every hour."

Almost to the Boards.

Mr. Blank is very wealthy and very fose. An acquaintance of his me Blank's son the other day and said. "Your father seems to have lost a good deal of money lately. The last time I saw him he was complaining and saying he must economize." "Economize, eli? Did father say

where he was going to begin?" "Yes, on his table, he said." "Then I guess be must be going to alle away the tablecloth," was the final declaration. -Boston Transcript.

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